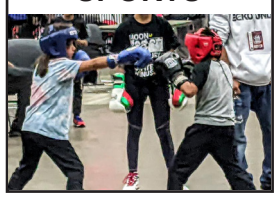
COMMUNITY

**Page 3** – $10 Million Microloan Fund for Women, Veterans and Entrepreneurs of Color Launched


# EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 34, #21 • **March 30, 2023**


SPORTS



**Pages 10 –** USA Boxing 2023 National Qualifier !!!

## Exalumno de U-M Manny Martinez dice que es "impresionante" ser parte de la transformación de la Estación Central de Michigan

Por: Rick Haglund

Fuente: Especial para Michigan News

De niño en el suroeste de Detroit, Manuel "Manny" Martínez pasaba muchos días jugando al paintball en la descomunal y abandonada Estación Central de Michigan.

Hoy, este graduado de la Universidad de Michigan desempeña un papel clave en la restauración de la estación del tren de 1.000 millones de dólares, que está llevando a cabo la empresa Ford Motor Company. Es el superintendente de construcción del proyecto en Christman-Brinker, una empresa conjunta de construcción que está transformando el edificio en un gran centro de oficinas para Ford y otras empresas de transporte.

Se espera que unos 5.000 trabajadores usen el edificio, junto con los 30 acres circundantes que lo rodean y el Edificio de Innovación.

"Jugar al paintball en el edificio demostraba el lado más loco de Manny… ahora voy por ahí con un cepillo de dientes y donde veo marcas de paintball, las limpio" comentó Martínez, quien tiene tres títulos de la U-M; una Licenciatura en Arquitectura y Maestrías en Arquitectura e Ingeniería Civil, que culminó en el año 2015.

*Continúa en la pág.6*

## U-M Alum Manny Martinez says it's "breathtaking" to be a part of the Michigan Central Station transformation

By: Rick Haglund

Source: Special to Michigan News

As a kid growing up in southwest Detroit, Manuel "Manny" Martinez spent many days playing paintball in the hulking, long-abandoned Michigan Central Station.

Today, the University of Michigan graduate is performing a key role in the $1 billion train station restoration being undertaken by Ford Motor Co. He's the on-site project superintendent for Christman-Brinker, a construction company joint venture transforming the building into a major office center for Ford and other mobility-focused companies.

About 5,000 workers are eventually expected to fill the building and surrounding 30-acre mobility and innovation campus.

"Playing paintball in the building was the knucklehead side of Manny," he said. "Now I walk around with a toothbrush and where I see paintball marks, I wash them off."

Martinez has three degrees from U-M; a bachelor's degree in architecture, and master's degrees in architecture and civil engineering that he completed in 2015.

The benefits of education were drilled into him at a young age by his parents who moved their family here from the Dominican Republic when Martinez was in elementary school.

*cont on pg.6*

*Manuel Martinez at the Michigan Central Station renovation project in Detroit. Photo By: Scott Soderberg, Michigan Photography*

## Comerica Bank Women's Business Symposium Returns to Greater Detroit on April 5

The Comerica Bank Women's Business Symposium returns to Greater Detroit helping women in business Learn, Connect, Grow & Celebrate their potential. The popular business networking event returns to an in-person format for the first time since 2019 on Wednesday, April 5, from 10 a.m.-3 p.m. at Ford Field.

Entering its fourth year, the Comerica Bank Women's Business Symposium provides a platform developed specifically for women business owners, executives and professionals at all levels from across metro Detroit to "Power Up Your Potential."

Through the lineup of inspiring speakers and panelists, Comerica Bank Women's Business Symposium connects attendees to business leaders, including influential businesswomen within their communities, and offers opportunities to help them grow personally and professionally.

Emceeing the Comerica Bank Women's Business Symposium is celebrity chef, syndicated radio host and cookbook author Jamie Gwen. Joining Gwen on stage is a powerful lineup of speakers that includes:

• Erica Dhawan: Dhawan is an internationally recognized leading authority, speaker, and advisor on 21st-century teamwork, collaboration, and innovation. Named by Thinkers50 as the "Oprah of Management Thinkers," she is the author of two books, "Get Big Things Done: The Power of Connectional Intelligence" and "Digital Body Language: How to Build Trust and Connection, No Matter the Distance." Erica shares innovative strategies to unlock the collective power of teams, build a culture of trust across any distance and create authentic engagement to ensure competitiveness.

• Cassandra Worthy: Worthy is the world's leading expert on Change Enthusiasm®. She is lighting the world on fire with her refreshingly unique take on not just 'managing' but growing through change. Through her training firm Change Enthusiasm Global®, she is sharing this revolutionary approach for not only embracing change but using it to propel you to heights you never imagined with thousands all over the world.

This year's symposium opens with Conversations at Comerica, a moderated panel discussion featuring three extraordinary change-makers who lead as women founders and executives, including:

• Carolyn Cassin, President and CEO of Michigan Women Forward. MWF is a certified Community Development Financial Institution (CDFI) that expands economic opportunity for women and entrepreneurs of color, empowers the next generation, and honors the accomplishments of Michigan women. Cassin is also the General Partner and Co-Founder of the BELLE Michigan Impact Fund. She is a highly-regarded organizational development and operations expert, an accomplished healthcare entrepreneur, and is considered a national expert in end of life care.

• Nicole Lewis, CEO of Nicole Lewis & Associates. The award-winning sales and marketing executive founded Nicole Lewis & Associates, a business strategy and development consultancy. Lewis has a distinguished career defining strategies to drive growth and has succeeded in building, turning around, training and mobilizing organizations to exceed goals. She is the president of National Association of Women Business Owners (NAWBO) Greater Detroit, which advocates for women entrepreneurs.

*cont on pg.6*

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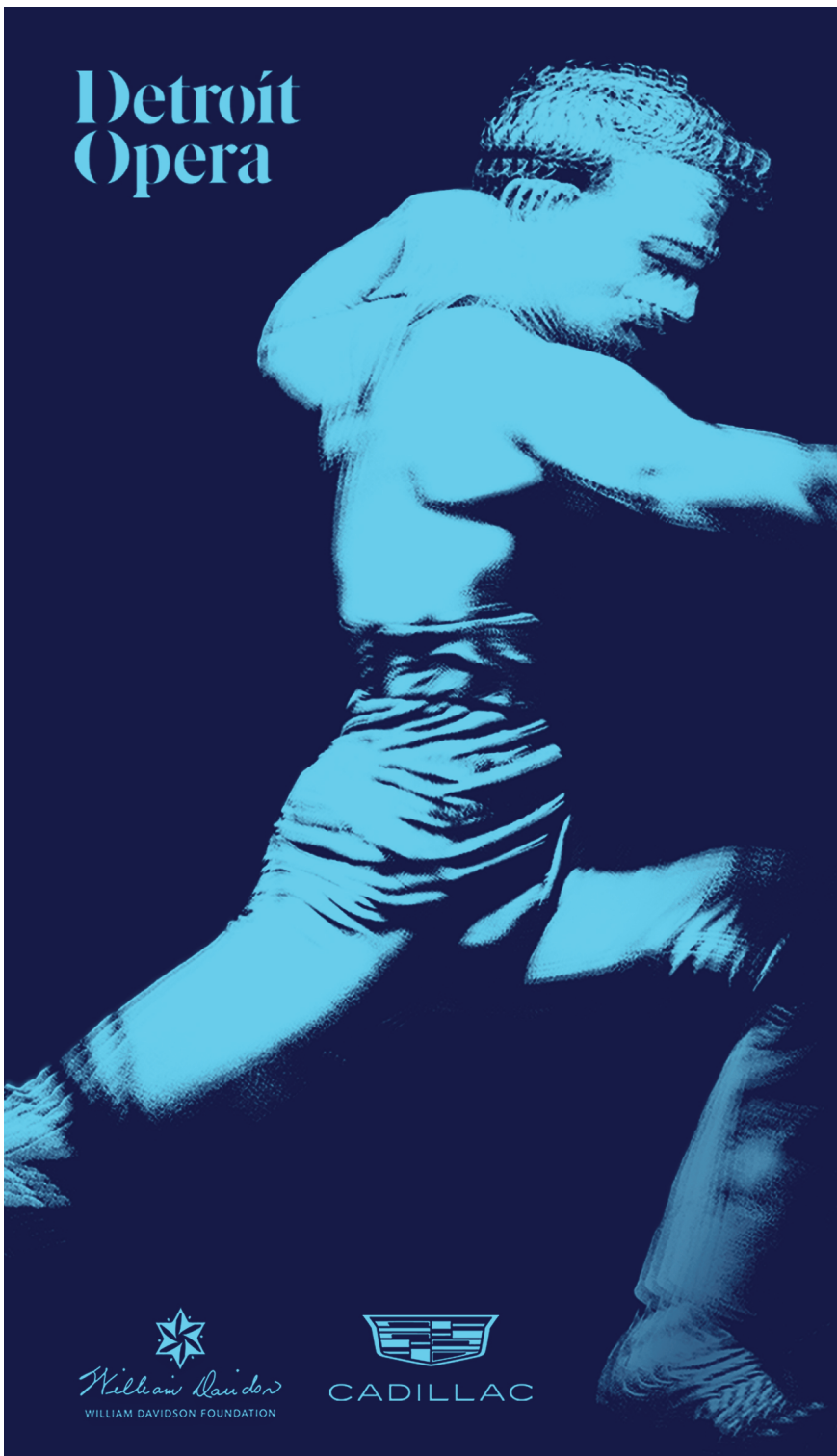

Detroit Opera

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Purchase a ticket for the Friday April 14 performance and receive an additional ticket FREE of charge!
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motor city makeover 365

2023

TAKE PART!!
Register today to help keep Detroit beautiful!

The City of Detroit is supporting block clubs, community groups and other organizations as they beautify their neighborhoods for **Motor City Makeover 365**.

Cleanup and beautification projects will take place three Saturdays in May.

MAY 6 Districts 1, 2 and 3
MAY 13 Districts 4 and 5
MAY 20 Districts 6 and 7

Upon registration, your District Managers will provide supply pick-up information.

Register for flowers today to enhance your project!

Groups MUST register with the City of Detroit to receive supplies, flowers and to schedule special pickups.

To register in advance, call (313) 224-4415 or go online to www.motorcitymakeover.org

City of Detroit Department of Neighborhoods
Mike Duggan, Mayor

KDB Keep Detroit Beautiful



COMMUNITY HISTORY MEETING!

JOIN DISTRICT 6 CITY COUNCIL'S OFFICE & THE DETROIT HISTORIC DESIGNATION ADVISORY BOARD!

Do you have a story to share about Southwest Detroit?

April 6, 2023 at 6PM
Mexicantown CDC, Plaza Del Norte
2835 Bagley Street, Detroit, MI 48216

*Light refreshments will be provided.*

Learn about the "Historic Context Study of Latinx Communities in Detroit" project and different ways you can contribute to the preservation of history in your community!

This project is funded through the National Parks Service "Underrepresented Communities" Grant.

Mexicantown

For more information, please call or email
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# $10 Million Microloan Fund for Women, Veterans And Entrepreneurs of Color Launched

Lt. Governor Garlin Gilchrist II recently joined Michigan Women Forward (MWF), the Michigan Economic Development Corporation (MEDC), Huntington National Bank and the Ballmer Group to announce the launch of a new $10 million microbusiness loan program for women and entrepreneurs of color in Michigan.

The Michigan Economic Opportunity Fund will lend to individuals who don't qualify for traditional loans through banks or other financial institutions, providing opportunities for those who are socially and economically disadvantaged due to a lack of access to capital and credit.

"Starting and growing a business takes grit, courage and tenacity – and here in Michigan, that runs deep in our DNA," said Quentin L. Messer, Jr., MEDC CEO. "By taking a truly Team Michigan approach, this new fund will facilitate more risk-takers across the state in acquiring access to the capital and support they need to be successful and build a future right here in Michigan. Work remains to aid microbusinesses, but this is a significant and praiseworthy start."

Entrepreneurs can apply for up to $50,000 in loans through this program. With the average loan managed by MWF at $25,000, the Michigan Economic Opportunity Fund will be able to assist approximately 400 entrepreneurs. Last year, the nonprofit organization provided 88 loans for $2.456 million invested in primarily women-owned businesses.

Women, veterans and entrepreneurs of color can apply for Michigan Economic Opportunity Fund loans by visiting www.miwf.org.

*The Fund sponsors gathered to announce the new $10 million Michigan Economic Opportunity Fund*

# Detroit Urban League Bestows Posthumous Award to Monica L Martinez

## Former Senior Vice President of Comerica Bank honored as Distinguished Warrior

Beloved Comerica Bank executive Monica L Martinez, who passed away suddenly in May of 2021, was honored posthumously by the Detroit Urban League at its Salute to Distinguished Warriors Dinner at the Detroit Marriott Renaissance Center on Thursday, March 23.

Also honored as Distinguished Warriors were Honorable Brenda Lawrence, Retired U.S. Congresswoman, Shirley Stancato, WSU Vice Chair of the Board of Governors, David Hecker, President/CEO of the AFT, Rory Gamble, Retired UAW President.

Monica Martinez was Comerica's Senior Vice President of External Affairs – Michigan Market and National Director of Hispanic Business Development. She was named one of the nation's "50 Most Powerful Latinas" in 2019 by the Association of Latino Professionals for America (ALPFA) in partnership with Fortune Magazine.

Jane C. Garcia, Monica's closest friend and mentor, gave a very moving video tribute of Monica's many contributions to the Detroit community and the numerous friends and colleagues who she had worked with in her much too short life. Her fiancé, Mike Klein and his mother were guests of Jane, and many of her co-workers from Comerica and friends from MANA de Metro Detroit were also there to pay tribute and honor Monica's life and her legacy.

Garcia accepted the award and spoke tenderly about Monica. "In our culture, we believe that as long as you remember [our deceased], they are always with you. Monica was somebody that walked into a room and brought sunshine with her because she held it in her heart." Garcia reminded the dinner audience, "when Monica passed, we started a scholarship with MANA and we raised over $100,000 so that her legacy will continue to mentor [Latina] women for years to come."

Nationally, Martinez oversaw the bank's Hispanic business development and diversity. In Michigan, she managed corporate contributions and external community reinvestment functions in the statewide market. In her role as national director of Hispanic business development, she nurtured relationships with key community stakeholders nationwide while serving as a spokesperson for the bank. Her charitable contributions and CRA responsibilities in Michigan included philanthropic giving, day-to-day program management, sponsorship programs, financial education and supporting non-traditional lending in Michigan. Martinez served as the president of the Comerica Foundation.

Martinez was bilingual and her fluency in Spanish and English helped in her commitment to growing business relationships and outreach opportunities. She held a bachelor's degree in International Business from Eastern Michigan University. For her graduate work, she studied Interdisciplinary Technology with a concentration in Business Management at Eastern Michigan University. She earned certifications in Non-Profit Management from Duke University and Corporate Community Relations Management from Boston College. Martinez was a graduate of the prestigious SMU Management program and was certified in Diversity Management from Cornell University. Martinez served in a leadership capacity on several non-profit boards including, the Michigan Hispanic Chamber, SER Jobs for Progress National, New Detroit and the Metropolitan Affairs Coalition.

Martinez received the following recognitions and honors:

• Latino Leaders Magazine: 101 Most influential Hispanics in the nation.

• Governors Hispanic/Latino Commission committee: Top 50 Hispanic Women in Michigan.

• Walkers Legacy: Detroit Power 15 Women.

• Alternatives for Girls: Role Model Award.

• DBusiness magazine: "Powered by Women" list as one of the most influential women in Michigan.

*Monica L. Martinez*

*Monica Martinez's co-workers from Comerica and colleagues from MANA de Metro Detroit join Jane C. Garcia and Mike Klein (center)*

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# Special, World's Cultures

Stairs, Short Story

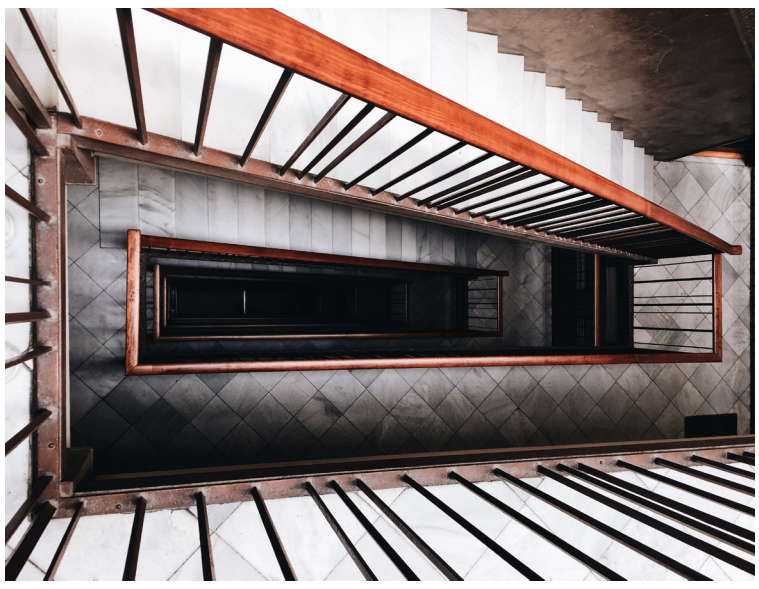
## Stairs, by Mariana Ayón RV

Reality is always enough. We went up the stairs, it seemed that we were looking for the sky on that terrace those April afternoons -or was it May? My memory is a time in disuse. You sat next to me, you listened to me speak and you barely responded with one or two sentences in a row. Then one day you told me -I don't believe in God, nor am I corny-, and you brought me so close to you that my lips had no choice but to kiss you. The word is the omission of an object... Those afternoons you approached me cautiously, surely you

feared that I would reject you, I feared it too; You caressed me a little as if you could never do it again and I let myself go, because your face clarified all my doubts about a closer future than the nearest tomorrow. Touch is an absent point.

In the afternoons that we walked, the city cried out to be found, a work of art that wishes not to be forgotten was being unfolded for us at each step, it played with our memory to be kept in a drawer next to the joy of an inhospitable place, beyond the architecture of the present. All the times I review being with you don't seem like anything and I remember trying to get your memory closer to me, to hold you as much as possible. The truth is kept in a small place between the mind and the heart, might sometimes be inside the eyes.

One night we walked all those streets and you took me by the hand, you squeezed me so that I wouldn't let go and I didn't want to let go, so I looked up, you couldn't find me because you were



so haughty, you marked enough distance for me to know that I was yours and no one else's, I understood it and smiled at myself. Days later you arrived with a flower, my name was on it, you had revealed yourself to me, now I knew how to observe you and when you were silent something had changed. That night you took me with the fear of never doing it again and then I knew that now you would be mine, the opposite than before. I kissed you soothing, you did not expect me this way, but things were like that with you, or they simply were not. The stairs are gateways to what was never outside, what is hidden in it is lost, since it hardly exists and no matter how low or high it is named, it never acquires a defined space.

Then you left, you wanted to rest your eyelids on a broad horizon, I waited for you for a long time, or so I felt, but you came back and you were no longer the same, your face emanated the wild inside of you and I venerated you for recognizing yourself as a beast. The staircase is a box, a silence that takes you without warning and that always exists afterwards. By those days you already spoke a little less than before, but you looked deep and I felt that with your eyes you reached the soul, you had been taken on a joyful, even mysterious, but absolute seriousness, as if you knew something that we all did not know, then you took a pencil and the reality that was thinking of moving, stopped. This time, I didn't recognize the door, the stairs, or the cosmos you were drawing. The stairs are a world between two worlds, you are not up or down.

I your steps, but there was nowhere to walk, and I yearned, you want to be there, although one is not there unless you want to keep it in mind, but your ambiguous will did not let you be mine, neither yours. I thought, I remembered Xilitla, I remembered going up to where only the eye leads to the jungle of the Huasteca and there is nothing more than wanting to go up, because there was ground to go down there, but no place to arrive once up. The longing for being in a shorter moment than the one that is ending, perhaps even shorter than the present.

They were the minutes of returning to prairies and fields, despite the fact that I had not left the city ever before, I knew that, I lacked country land and landscape, perhaps light. My eyes would open, I was looking to get out. In the doorway, as in the stairs, one is nowhere. Could it have been that it changed your soul? I pronounced your name as if you were date flesh. I thought of other places and came back here, where I had come from. The neighboring myths and appreciations were little or nothing. Where would you have gone? Could it be that you had not existed? The myths and truths are just a fantasy, they only exist to understand, not as absolutes. I had looked at you, I had listened to you, I had thought about you, could it also be that I had imagined you?

Mariana Ayón RV

Diles que lo viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

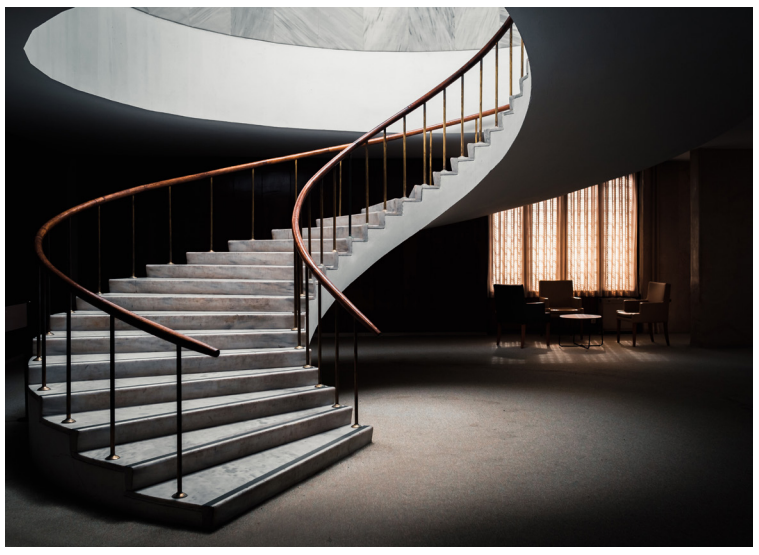
# ESPECIAL CULTURAS DEL MUNDO

## Escaleras, relato

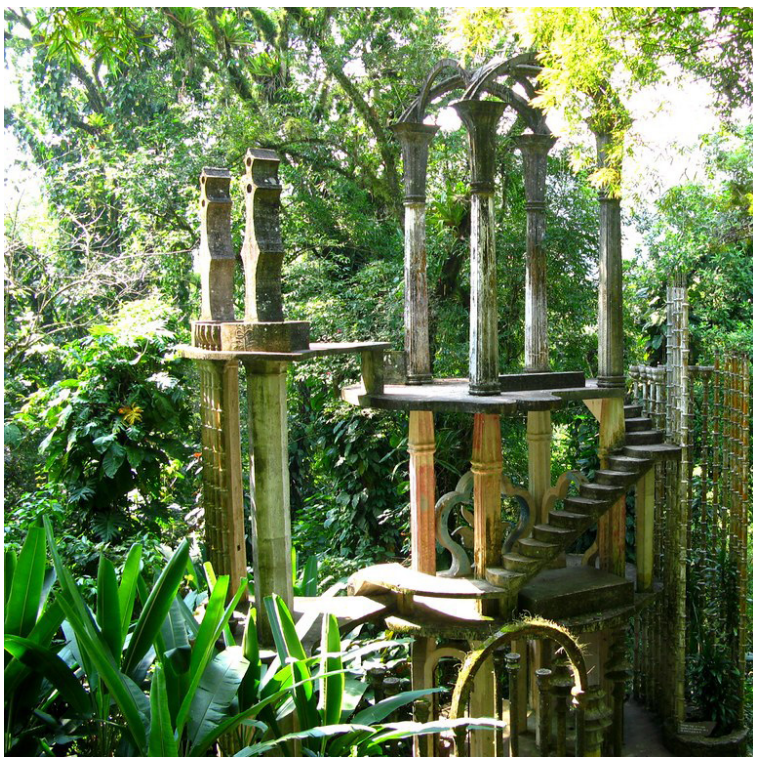
## Escaleras, de Mariana Ayón RV

La realidad siempre alcanza. Y entonces subíamos las escaleras, parecía que buscábamos el cielo en aquella terraza esas tardes de abril -¿o sería mayo?-. Mi memoria es un tiempo en desuso. Te sentabas a mi lado, me escuchabas hablar y apenas me correspondías con una o dos frases al hilo. Luego un día me dijiste -ni creo en dios, ni soy cursi-, y me acercaste

a ti tanto que mis labios no tuvieron más opción que besarte. La palabra es la omisión de un objeto... Esas tardes te me acercabas con cautela, seguro temías que te rechazara, yo también lo temía; me acariciabas poquito como si nunca más pudieras hacerlo y yo me dejaba, porque tu rostro me esclarecía todas las dudas de un futuro más cercano que el mañana más próximo. El tacto es un punto ausente.



En las tardes que caminábamos, la ciudad clamaba ser encontrada, se nos desdoblaba en cada paso una obra de arte que desea no ser olvidada, jugaba con nuestra memoria a guardarse en una gaveta



contigua a la alegría de un lugar inhóspito, más allá de la arquitectura del presente. Todos los repasos que hago de estar junto a ti no parecen nada y yo recuerdo tratando de acercarte más a mí, lo más posible retenerte. La verdad se guarda en un sitio chiquito entre la mente y el corazón, a veces creo fue en los ojos.

Una noche caminamos todas esas calles y me tomaste de la mano, me apretaste como para que ya no me soltara y yo no me quería soltar, entonces subí mi mirada, tú tan altivo no me encontraste, marcaste una distancia suficiente como para que yo supiera que era tuya y de nadie más, yo lo entendí y me sonreí. Días más tarde llegaste con una flor, en ella estaba mi nombre, te me habías develado, ahora yo sabía observarte y cuando callabas algo cambiaba. Esa noche me llevaste a con el temor de no hacerlo nunca y entonces supe que ahora serías mío, te besé con soltura, tú no me esperabas de este modo, pero es que contigo las cosas eran así, o simplemente no eran. Las escaleras son puertas de entrada a lo que nunca estuvo fuera, lo escondido en ella se pierde, pues apenas existe y no importa qué tan bajo o arriba se nombre, nunca adquiere un espacio definido.

Después te fuiste, querías descansar tus párpados en un horizonte amplio, te esperé por mucho tiempo, o eso sentí, pero volviste y ya no era igual, tu rostro emanaba lo salvaje dentro de ti y yo te veneré por reconocerte bestia. La escalera es una caja, un silencio que te toma sin previo aviso y que después siempre existe. Para esos días ya hablabas poco menos que antes, pero mirabas profundo y sentía que con tus ojos llegabas al alma, habías tomado una seriedad alegre, incluso misteriosa, pero absoluta, como si tú supieras algo que todos ignorásemos, entonces tomaste un lápiz y la realidad que pensaba en moverse, se detuvo. Esta vez, no reconocí ni la puerta, ni la escalera, ni el cosmos que dibujabas. Las escaleras son un mundo entre dos mundos, no estás arriba, ni abajo, sólo existimos. Yo seguí esta vez el paso, pero ya no había por dónde caminar, y añoraba, desea estar ahí, aunque una no está a menos que se le quiera tener presente, mas tu voluntad ambigua no dejaba ni ser tuya, ni ser mía. Yo recordé Xilitla, recordé subir a donde sólo lleva la mirada, la selva, la Huasteca y no hay más que querer subir, porque ahí sí había suelo para bajar. La añoranza por estar en un momento más breve que aquel que se acaba, quizá aún más breve que el presente.

Mariana Ayón RV

**Espera nuestro Especial Semanal**

**CULTURAS LATINOAMERICANAS,**

**by Mariana Ayón RV**

# U-M Alum Manny Martinez

*Con't from pg. 1*

"They gave up everything just for us to come here and educate ourselves," he said.

But although he was a good student, Martinez didn't see himself as college material. That was in part because he was taught to work to pay for whatever he wanted. Going to college would delay his ability to earn a living, Martinez believed. Plus, many of his friends had no college aspirations.

Martinez's mindset was changed, though, in middle school after meeting the late Tyrone Winfrey Sr, who worked in outreach for U-M in Detroit at the time.

"He told me that's what your parents came here for, so you could get an education," Martinez said. "He said, 'You're going to continue that.' I wasn't aware I was capable of that. He was an angel, to say the least, for us Detroiters."

Martinez had planned, at Winfrey's suggestion, to enter the military as an officer following graduation. But he was dissuaded from doing so by his mother, who feared losing her only son to the raging Afghanistan war.

As he progressed in his engineering and architectural studies, Martinez said he developed a passion for rebuilding Detroit. The history of the Michigan Central Station was even a part of his curriculum.

But Martinez first worked on several assignments outside Detroit before immersing himself in the city. One of them was the renovation of the Ernest Hemingway Museum in Havana.

"It was a unique project, one of the first interactions the United States had with Cuba in working on a project together," he said. "I pretty much ran that project."

Martinez has been working at the Michigan Central Station for the past three-and-a-half years, leading a 23-person project team that manages hundreds of construction workers. The project, which Ford announced in 2018, is expected to be finished next year.

"Being able to work on an iconic building that's a historical landmark on a daily basis in my own community is the most exciting part of the job," said Martinez, who lives in southwest Detroit. "The beauty behind it is that it's going to create a ton of jobs. I see this as breathtaking. I'm fortunate to be doing this."

# Exalumno de U-M Manny Martínez

*Con't de pg. 1*

Los beneficios de la educación fueron inculcados en él, a temprana edad por sus padres, quienes se trasladaron con su familia a Detroit desde la República Dominicana, cuando Martínez estaba en la primaria. "Renunciaron a todo para que pudiéramos venir aquí y educarnos", afirma.

Pero, aunque él era un buen estudiante, Martínez no se sentía capaz de llevar a cabo, estudios universitarios. En parte porque le inculcaron que debía trabajar, para pagar lo que quisiera. Martínez creía que ir a la universidad retrasaría su capacidad para ganarse la vida. Además, muchos de sus amigos no tenían aspiraciones universitarias.

Sin embargo, la mentalidad de Martínez cambió en la secundaria tras conocer al difunto Tyrone Winfrey Sr., quien, en ese entonces, trabajaba en la oficina de divulgación, para la Universidad de Michigan en Detroit.

"Me dijo que para eso habían venido mis padres, para que pudiera recibir educación… y agregó "vas a continuar con eso", yo no era consciente de que podía lograrlo. Fue un ángel, por no decir otra cosa, para nosotros los de Detroit", cuenta Martínez.

Martínez había planeado, por sugerencia de Winfrey, ingresar en el ejército como oficial, tras su graduación. Pero su madre, que temía perder a su único hijo en la guerra de Afganistán, le desaconsejó hacerlo.

A medida que avanzaba en sus estudios de ingeniería y arquitectura, Martínez se dio cuenta de que le apasionaba reconstruir la ciudad de Detroit. La historia de la Estación Central de Michigan formaba parte incluso de su plan de estudios.

Pero Martínez trabajó primero en varias asignaciones laborales, fuera de Detroit antes de sumergirse en la ciudad. Uno de ellos fue la renovación del Museo Ernest Hemingway en La Habana, Cuba.

"Fue un proyecto único, una de las primeras interacciones que tuvo Estados Unidos con Cuba, al trabajar juntos", explica. "Yo prácticamente dirigí ese proyecto".

Martínez ha trabajado en la Estación Central de Michigan durante los últimos tres años y medio, encabezando un proyecto, con un equipo de 23 personas que dirige a cientos de trabajadores de la construcción. Se espera que el proyecto, que Ford anunció en el año 2018, termine el próximo año.

"Poder trabajar en un edificio icónico, que es un hito histórico a diario en mi propia comunidad es la parte más emocionante del trabajo", dijo Martínez, que vive en el Suroeste de Detroit. "Lo mejor de todo es que va a crear un montón de puestos de trabajo. Me parece impresionante. Me siento afortunado de hacer esto".

# Comerica Bank Women's Business Symposium

*Con't from pg. 1*

• Ronia Kruse, President & CEO OpTech. As a women-owned professional services firm, OpTech provides talent development and solutions services to Fortune 1000 and government clients by tailoring solutions within the verticals of government, healthcare insurance, utilities, finance (banking) and manufacturing. Kruse leverages her background as a successful entrepreneur in talent management and workforce solutions; as a Certified Public Accountant and financial expert with a big 4 professional service firm; and as a strategic change agent and human capital disrupter to help board of directors and companies achieve maximum financial results.

To register or for sponsorship and additional information, visit https://events.comerica.com/wbsdet2023.

An amount equivalent to all sponsorship dollars collected will benefit Alternative for Girls (AFG), a Detroit-based nonprofit serving homeless and high-risk girls and young women. Since 1987, AFG has provided critical services to the girls and young women we serve, including safe shelter, street outreach and educational support, vocational guidance, mentoring, prevention activities, and counseling. AFG's goal is to empower the girls and young women we serve to make positive choices.

# $35M Relief Fund Application Goes Live to Assist Small Michigan Nonprofits

## MI Nonprofit Relief Fund deadline to apply is May 5, 2023

LANSING, Mich – Committed to getting funds into the hands of Michigan small charitable nonprofit organizations that have been negatively impacted by the COVID-19 pandemic, the Michigan Nonprofit Association (MNA) and the Michigan Department of Labor and Economic Opportunity (LEO) recently announced the $35 million MI Nonprofit Relief Fund application is now live at www.MINonprofitRelief.org.

Nonprofits are required to complete the application to be considered, regardless of whether they previously filled out the "intent to apply" form. Nonprofits do not have to be members of MNA to apply for/receive grant funding.

"We received an overwhelmingly positive response during the 'intent to apply' phase from nonprofits expressing interest in the MI Nonprofit Relief Fund," said MNA President and CEO Kelley Kuhn. "We encourage nonprofits – especially those from underrepresented, underserved and rural areas – to apply. Michigan's nonprofits have given so much to their communities every day, and this fund helps give back to those who give."

"LEO is proud to join this effort to provide much-needed support to Michigan's nonprofit ecosystem," said Kim Trent, Deputy Director for Prosperity of the Michigan Department of Labor and Economic Opportunity. "Nonprofits who are committed to lifting Michiganders out of poverty and removing barriers to economic prosperity are invited to apply for aid that will help them further serve hard-hit communities."

The $35 million MI Nonprofit Relief Fund, which is being administered by MNA, is designed to provide aid and recovery to nonprofits with annual revenues of less than $1 million that can demonstrate necessary expenditures and/or losses incurred after March 3, 2021 due to the COVID-19 pandemic. Small nonprofits could receive one-time grant funds from $5,000 to $25,000 in Spring/Summer 2023 to continue or expand their services to areas hit the hardest by COVID-19 and to populations that are underserved and underrepresented. The impact of the ongoing pandemic has been particularly hard on nonprofits located in rural areas and those led by, and serving, Black, Indigenous and People of Color (BIPOC) communities.

An additional $15 million MI Nonprofit Impact Grant program will be administered by LEO and is designed for larger nonprofits to support programs that lift people out of poverty and above the ALICE (Asset Limited Income Constrained, Employed) threshold. This program is expected to launch in Spring 2023.

MNA and LEO have partnered to design the grant program and select grantees as well as manage the application portal and award payments. To be eligible for this funding, organizations must be a Michigan-based, 501(c)(3) nonprofit or a fiscally sponsored project by a 501(c)(3). The bipartisan relief program was signed by Gov. Gretchen Whitmer as part of FY23 budget and program funding comes from the federal Coronavirus Relief Funds awarded to the State of Michigan as part of the American Rescue Plan Act (ARPA).

This project is being supported, in whole or in part, by federal award number SLFRP0127 awarded to the Michigan Department of Labor and Economic Development by the U.S. Department of the Treasury.

The MINonprofitRelief.org website also includes resources and frequently asked questions. For additional questions, nonprofits can email relieffund@mnaonline.org. Reminder: The application phase will close on May 5, 2023.

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# Deconstructed Burrito

## Ingredients

• 1 (15-ounce) can unsalted black beans, drained and rinsed
• 1/4 cup water
• 1/2 teaspoon chili powder
• 1/4 teaspoon ground cumin
• 1/2 teaspoon kosher salt, divided
• 1 tablespoon olive oil
• 1 cup fresh corn kernels
• 1 tablespoon lime juice
• 1 (8.8-ounce) pouch microwavable brown rice
• 1/4 cup fresh cilantro, chopped, divided
• 4 cups romaine lettuce hearts, finely chopped
• 4 ounces queso blanco, crumbled
• 2 ripe avocados, sliced
• 1/2 cup pico de gallo
• 4 tablespoons light sour cream

## Directions

**Ready In:**
10 minutes
**Step 1**
**In a small saucepan over medium heat, combine the beans, the water, the chili powder, the cumin, and 1/4 teaspoon of the salt and cook until the beans are hot, about 3-4 minutes.**
**Step 2 -**
**Transfer the saucepan from the heat and keep it warm.**
**Step 3 -**
**In a medium cast-iron skillet over medium-high heat, heat the oil.**
**Step 4 -**
**Add the corn to the oil and cook, stirring occasionally, until it is slightly charred, about 5 minutes.**
**Step 5 -**
**Add 1 1/2 teaspoons of the lime juice and the remaining salt to the corn and stir to combine.**
**Step 6 -**
**Transfer the cast-iron skillet from the heat and keep it warm.**
**Step 7 -**
**Cook the rice according to the package instructions and then transfer it to a medium bowl.**
**Step 8 -**
**Stir 2 tablespoons of the cilantro and the remaining lime juice into the rice.**
**Step 9 -**
**Divide the beans, the corn, the rice, the lettuce, the queso blanco, and the avocado among four bowls.**
**Step 10 -**
**Serve the bowls topped with the pico de gallo, the sour cream, and the remaining cilantro.**

# Picnic Potato Salad

## Ingredients

• 5 medium potatoes, peeled and cubed
• 6 large eggs, hard-boiled, chopped
• 1/2 cup green onions, thinly sliced
• 1/4 cup sweet pickles, chopped
• 1 teaspoon mustard
• 1 teaspoon celery seed
• 1 cup mayonnaise
• salt, to taste
• pepper, to taste

## Directions

**Ready In:**
1 hour and 30 minutes
**Step 1**
**Place the potatoes in a large saucepan, add enough water to cover them, and bring to a boil.**
**Step 2 -**
**Reduce the heat and cook the potatoes, uncovered, until they are tender, about 10-15 minutes.**
**Step 3 -**
**Drain the potatoes and refrigerate them until they are cold, about 1 hour.**
**Step 4 -**
**Add the eggs, the onions, and the pickles to the chilled potatoes and toss well.**
**Step 5 -**
**Add the mustard, the celery seed, and the mayonnaise to the potato mixture and stir to combine.**
**Step 6 -**
**Season the potato salad with the salt and the pepper and mix well to incorporate.**
**Step 7 -**
**Refrigerate the potato salad until ready to serve.**
**Step 8 -**
**Serve.**

# Lemon Chicken Pasta Bake

## Ingredients

• 1 pound dry small pasta
• 1 pound chicken breast, boneless and skinless, cut into bite-size pieces
• 1 medium yellow onion, diced small
• 3 cloves garlic, finely minced
• salt, to taste
• black pepper, to taste
• 2 (14.5-ounce) cans cream of chicken soup
• 3/4 cup milk
• 1 tablespoon lemon juice
• 2 tablespoons parmesan cheese, finely grated
• fresh parsley, to taste, chopped, for garnish
• 1/2 lemon, sliced, for garnish

## Directions

**Ready In:**
1 hour and 30 minutes
**Step 1**
**Preheat the oven to 400 degrees F.**
**Step 2 -**
**Spray a 9x13-inch baking dish with nonstick spray.**
**Step 3 -**
**Bring a large pot of salted water to a rolling boil and then add the pasta and cook for 5 minutes. Drain the pasta.**
**Step 4 -**
**Combine the pasta, the chicken, the onion, the garlic, the salt, and the pepper in a large bowl.**
**Step 5 -**
**In a small saucepan, combine the cream of chicken soup and the milk and whisk it over low heat until it is heated through and creamy.**
**Step 6 -**
**Pour the sauce over the pasta mixture.**
**Step 7 -**
**Drizzle the lemon juice over the pasta mixture and stir to evenly coat.**
**Step 8 -**
**Pour the pasta mixture into the prepared baking dish and cover with foil.**
**Step 9 -**
**Bake the pasta mixture for 1 hour.**
**Step 10 -**
**Carefully discard the foil and sprinkle the bake with the parmesan cheese.**
**Step 11 -**
**Switch the oven to broil and broil the bake until the cheese has melted, about 2-3 minutes.**
**Step 12 -**
**Garnish the pasta bake with the parsley and the lemon slices and serve.**

# Eva Longoria Hosts 'Searching For Mexico' New Travel Food Show

Forbes.com

Viva México! Sit back to savor traveling with award-winning actor, director, producer Eva Longoria, who heads south to scoop up delectable travel-and-food favorites in Searching for Mexico, a new six-episode CNN Original Series, premiering March 26. Born and reared in Texas with Mexican heritage, Longoria showcases this close-to-her-heart country that she deems her second home, where she also met her husband, José "Pepe" Bastón. A popular tourism destination for Americans, Mexico is embraced by Longoria, who spotlights its sightseeing jewels, picturesque landscapes, cultural amazements, visionary personalities and behind-the-scenes stories, while devouring diverse dishes in Mexico City, Yucatan, Oaxaca, Nuevo Leon, Jalisco and Veracruz. "All I know is that every time I eat Mexican food, I am happy," she exclaims. Co-executive produced by Longoria and Stanley Tucci — whose own CNN show Searching for Italy won Emmys for Outstanding Hosted Nonfiction Series in 2021 and 2022 — Searching for Mexico might have you cheering: Olé! Here, its trailer and some episode snapshots to whet your appetite.

**Episode 1: Mexico City**

Longoria begins Searching for Mexico's journey in this largest of North American cities. There are countless ways to be wooed by its rousing music, murals and morsels. She joins food writer Gabriela Rentería on a fun taco-athon, as they dash to dine on generously filled tortillas. If you think that you know tacos based on what is generally served in the U.S.A., surprises await. Mexico City has long attracted people from all over the world, who have brought their origin country's culinary influences. Thus, Mexican food is an amalgam of global exchange. Taco fusions are vibrantly varied, such as tacos al pastor (with spit-grilled slices of pork), a concept introduced by Lebanese immigrants who imported shawarma (spit-grilled lamb served on pita bread). Even in Mexico City's newest district of Little Tokyo, Japanese-Mexican ingredients are combined. For sweets, she recommends concha (round sweet bread that resembles a seashell) at her choicest neighborhood bakery. Longoria also treats Santi, her four-year-old son, to hot chocolate and churros (fried choux pastry dough).

Mexico City's historic center impresses. Constitution Plaza, also called El Zócalo, is minutes away from National Palace (the official residence of Mexico's president) with lauded paintings by Diego Rivera; baroque Metropolitan Cathedral of Mexico City (construction began in 1573 and continued for 250 years); and 13th-century Aztec Temple — the Great Pyramid of Tenochtitlan. With Eduardo "Lalo" Garcia, one of Mexico's esteemed chefs, Longoria boats through a network of ancient Aztec-built canals and small islands to view the floating gardens of Xochimilco. Aired: March 26.

**Episode 2: Yucatan**

On the east coast of Mexico, along Gulf waters and in jungles of Yucatan, Longoria delves into significant contributions of ancient Maya — an accomplished civilization for millennia until 16th-century Spanish conquistadors arrived. The Maya's astounding pyramids, such as those at Chichén Itzá, Uxmal and Tulum, are world renowned. She explores how the Mayan essence is kept alive today through their cherished recipes. Chef Roberto Solis, mastermind of New Yucatan Cuisine, dazzles with imaginative pushing-the-envelope fare. In the city of Merida, his new restaurant Hunik, meaning "unique spirit" in Mayan, pays tribute to intricate spice combos, such as negro recado — a charred, smoky, aromatic chili sauce. Many of the best Yucatan dishes require a devoted, lengthy preparation process. For example, conchinita pibil is pork slow-roasted in a rock-lined underground pit for eight hours. It airs: April 2.

**Episode 3: Oaxaca**

"Do you believe in magic?" asks Longoria. "I didn't until Oaxaca cast its spell on me." She travels to southern Mexico's Oaxaca, tucked among mountains and the Pacific Ocean to the south. "A bewitching place, where culinary wonders are conjured," she continues. Oaxaca is both a state and a city. Since pre-Hispanic times, trade routes from South America funneled a multitude of ingredients north, criss-crossing through Oaxaca, endowing it with far-flung culinary gifts. "Oaxaca is a mecca for food lovers in the know," Longoria adds.

The pioneering chef who has put Oaxacan cuisine on the contemporary global-gourmand map is Alejandro Ruiz, whose Casa Oaxaca restaurant salutes the region's produce. His bespoke, cacao-centric mole negro sauce — complex, silky, smooth, sophisticated — has 28 ingredients. Longoria and Ruiz make mole together in his kitchen; later, it is served with turkey, as is traditional in Oaxaca, on Ruiz's rooftop terrace. Called the "food of the gods," chocolate is a cornerstone of Oaxacan gastronomy. Next, food writer and passionate cheese fan Omar Alonzo navigates Longoria to the town of Reyes Etla, where full-fat quesillo cheese, Oaxaca's beloved export, is produced. At restaurant Las Quince Letras, innovative Chef Celia Florian creates an in-demand finger food, in which a hand-size Hoja Santa leaf — which has natural flavors of anise, eucalyptus, mint — is topped with torn quesillo and crunchy roasted (protein-rich) grasshoppers, then folded, heated, cut and rolled into bite-size portions; edible flowers and drizzles of pesto sauce dress the pretty plate. Longoria at first seems cautious about eating the grasshoppers, then concurs that the dish's textures and flavors complement each other well.

Ancient Zapotecs thrived in the Oaxaca region called Isthmus of Tehuantepec, the narrowest stretch of land between Atlantic and Pacific Oceans. Today, guardians of Zapotec cuisine are known as Muxes, who are recognized as a third gender. "We are people of two spirits," says Felina Santiago (above). "We are the duality, neither man or woman, neither less or more." Their culture has given them a sense of freedom. "It has been a privilege for me to spend time with the Muxes, who've forged their own path in Oaxaca," says Longoria. They wear traditional dress, elaborately embroidered with flowers. Stuffed pork is a favored dish, served with casserole-like mashed potatoes loaded with ample amounts of garlic, spring onions, carrots, eggs, butter and heavy cream. As Longoria helps the Muxes manually mix the ingredients with their hands, she remarks, "This is a workout!" Special occasion meals can include armadillo, iguana and mountain pigeon.

Tomatoes, too, originate from South America. They were traded through Mexico, then Spaniards took them to Europe. In Mexico, the birthplace of maize, more than 60 different species flourish. Corn is central to Mexican cooking and identity. An hour drive from Oaxaca City, the farming community of Santa Ana Zegáche is corn's epicenter. It has been cultivated there for more than 6,000 years. Longoria visits a family farm, pointing to its cobs of burgundy, dark yellow and white kernels. Another prime Oaxacan export is mezcal liquor, made from the agave plant. Longoria eagerly pitches in at a San Baltazar Chichicapam agave farm — run by a woman, a rarity. After agave plants are harvested and machete-cut, they are cooked in a covered firey pit, which can take up to five days, then mashed and milled to obtain an agave juice, fermented, distilled twice, casked (depending on intent of aging) and finally bottled. It airs: April 9.

**Episode 4: Nuevo Leon**

Mexico's northeastern state of Nuevo Leon borders Texas, southwest of Corpus Christi. Much of its rugged, dry mountainous terrain is inhospitable to fruit and vegetable farming. Instead, meat is on most menus; beef and cabrito (baby goat) are widely available. Open-flame cooking and

barbecues are venerated. Ranch-style beans and breakfast tacos are staples. Longoria attends a festive carne asada event to relish local aguja steak. She tastes tender goat with flour tortillas that may derive from a Sephardic Jewish tradition — and she helps assemble venison tamales for her film crew.

Many Nuevo Leon chefs astonish with their out-of-the-box creativity. For example, at Koli Cocina de Origen in the city of Monterrey, Longoria studies the cutting-edge, excelling menus of three talented brothers: Chef Rodrigo Rivera Rio, Pastry Chef Daniel Rivera Rio and Maître d'/Sommelier Patricio Rivera Rio. Intent on their restaurant having an uplifting family grace, they chose the name Koli, meaning "grandfather" in Náhuatl, the language of Aztecs who ruled Mexico between the 14th and 16th centuries. Not well known as a language outside of Mexico, Náhuatl is still fluently spoken today by approximately 1.5-million Mexicans — and, in fact, some Náhuatl words, such as avocado, chipotle, chocolate, coyote, guacamole, mezcal and tomato have been incorporated into the English language. It airs: April 16.

**Episode 5: Jalisco**

On Mexico's west coast, bordered by six states — Aguascalientes, Colima, Guanajuato, Nayarit, Michoacán and Zacatecas — Jalisco is often considered the most quintessentially Mexican. Traditions such as mariachi bands, ranchera music, charro cowboys and tequila originated there. Its Pacific beaches are beauties, enticing travelers to swanky resorts, particularly in Puerto Vallarta. Lively Guadalajara is the capital; its plazas, neoclassical Teatro Degollado (theater) and golden-spired cathedral charm. Longoria tastes prominent dishes, such as birria, a slow-heated goat stew, and torta ahogada, a sourdough sandwich filled with pork, a legacy from French invasions. Pop-up eateries and polished restaurants proliferate these days, led by energetic chefs. At superb Café Pa'l Real, Chef Fabian Delgado has brainstormed a novel mole, using Mexican and European ingredients. Longoria then steers toward Jalisco's region of Tequila to toast the national drink. She also talks with the fiercely proud indigenous Coca people. It airs: April 23.

**Episode 6: Veracruz**

Along the warm Gulf Coast, the eastern state of Veracruz — just 60 miles wide, stretching 400 miles long — is known as the cradle of the modern-day country of Mexico. Spanish conquistadors first landed on its shores. Soon thereafter, Veracruz became a very active trading hub: Spaniards imported coffee, oranges, pork and spices; Mexicans exported a wealth of coveted foodstuff, including tomatoes, chocolate and vanilla. A treasure trove of ingredients coming and going remixed and ignited whole new cuisines. Can you imagine Italy without the tomato? France without chocolate and vanilla?

In a fascinating Searching for Mexico trajectory, Longoria retraces the path of her ancestor, Lorenzo Longoria, who set foot in Veracruz 400 years ago.

Today, Veracruzanos are famous for their feisty defiance and resilience. Women are strong, increasingly striving for independence and leadership roles. Making a positive impact on Veracruz's fishing industry is Chef Erik Guerrero Arias, who has encouraged sustainability and expanded the range of consumable fish species. With Longoria, he makes a cold seafood ceviche that is "disrupted" with warm refried beans and drizzled avocado oil. Longoria then drives to coffee fields in verdant mountains, to learn how shade, altitude and cool temps boost better crops. She visits a major vanilla farm, which has been owned by one family since 1873 and now, for the first time, is headed by a woman, Norma Gaya. The entrepreneur shows Longoria how to cook delicious chicken with prized vanilla, braised onions, and nata — a thick butter-like cream that forms on the top of raw milk, which is then boiled. For dessert? Heated bananas are doused in artisanal vanilla liqueur and served with homemade vanilla bean ice cream. Hungry yet? It airs: April 23.

ENTRETENIMIENTO

# Eva Longoria presenta 'Buscando México' Nuevo espectáculo gastronómico de viajes

Forbes.com

¡Viva Mexico! Siéntese para disfrutar de viajar con la galardonada actriz, directora y productora Eva Longoria, quien se dirige al sur para recoger deliciosos viajes y comidas favoritas en Buscando México, una nueva serie original de CNN de seis episodios, que se estrenará el 26 de marzo. Longoria, criada en Texas con ascendencia mexicana, muestra este país cercano a su corazón que considera su segundo hogar, donde también conoció a su esposo, José "Pepe" Bastón. Un popular destino turístico para los estadounidenses, México es abrazado por Longoria, quien destaca sus joyas turísticas, paisajes pintorescos, asombro cultural, personalidades visionarias e historias detrás de escena, mientras devora diversos platos en la Ciudad de México, Yucatán, Oaxaca, Nuevo León, Jalisco y Veracruz. "Todo lo que sé es que cada vez que como comida mexicana, soy feliz", exclama. Coproductor ejecutivo de Longoria y Stanley Tucci, cuyo propio programa de CNN Searching for Italy ganó premios Emmy a la mejor serie de no ficción presentada en 2021 y 2022, Searching for Mexico podría hacerte animar: ¡Olé! Aquí, su tráiler y algunas instantáneas del episodio para abrir el apetito.

**Episodio 1: Ciudad de México**

Longoria comienza a buscar el viaje de México en la ciudad más grande de América del Norte. Hay innumerables maneras de dejarse seducir por su música, murales y bocados entusiastas. Se une a la escritora gastronómica Gabriela Rentería en un divertido taco-athon, mientras se apresuran a cenar tortillas generosamente rellenas. Si crees que conoces los tacos en base a lo que generalmente se sirve en los EE. UU., te esperan sorpresas. La Ciudad de México ha atraído durante mucho tiempo a personas de todo el mundo, quienes han traído las influencias culinarias de su país de origen. Así, la comida mexicana es una amalgama de intercambio global. Las fusiones de tacos son vibrantemente variadas, como los tacos al pastor (con rebanadas de cerdo a la parrilla), un concepto introducido por inmigrantes libaneses que importaron shawarma (cordero a la parrilla servido en pan de pita). Incluso en el distrito más nuevo de la Ciudad de México, Little Tokyo, se combinan ingredientes japoneses-mexicanos. Para los dulces, recomienda la concha (pan dulce redondo que se asemeja a una concha marina) en la panadería de su vecindario más selecto. Longoria también obsequia a Santi, su hijo de cuatro años, con chocolate caliente y churros (masa de pasta choux frita).

El centro histórico de la Ciudad de México impresiona. La Plaza de la Constitución, también llamada El Zócalo, está a minutos del Palacio Nacional (la residencia oficial del presidente de México) con elogiadas pinturas de Diego Rivera; la Catedral Metropolitana barroca de la Ciudad de México (la construcción comenzó en 1573 y continuó durante 250 años); y el Templo Azteca del siglo XIII: la Gran Pirámide de Tenochtitlan. Con Eduardo "Lalo" García, uno de los chefs más apreciados de México, Longoria navega a través de una red de antiguos canales construidos por los aztecas y pequeñas islas para ver los jardines flotantes de Xochimilco. Emisión: 26 de marzo.

**Episodio 2: Yucatán**

En la costa este de México, a lo largo de las aguas del Golfo y en las selvas de Yucatán, Longoria profundiza en las importantes contribuciones de los antiguos mayas, una civilización consumada durante milenios hasta que llegaron los conquistadores españoles en el siglo XVI. Las asombrosas pirámides mayas, como las de Chichén Itzá, Uxmal y Tulum, son mundialmente famosas. Ella explora cómo la esencia maya se mantiene viva hoy en día a través de sus preciadas recetas. El chef Roberto Solis, autor intelectual de la nueva cocina de Yucatán, deslumbra con platos imaginativos que van más allá de los límites. En la ciudad de Mérida, su nuevo restaurante Hunik, que significa "espíritu único" en maya, rinde homenaje a las intrincadas combinaciones de especias, como el negro recado, una salsa de chile carbonizada, ahumada y aromática. Muchos de los mejores platillos de Yucatán requieren un proceso de preparación largo y dedicado. Por ejemplo, la conchinita pibil es carne de cerdo asada lentamente en un pozo subterráneo revestido de roca durante ocho horas. Se emite: 2 de abril.

**Episodio 3: Oaxaca**

"¿Crees en la magia?" pregunta Longoria. "No lo hice hasta que Oaxaca me lanzó su hechizo". Ella viaja a Oaxaca, en el sur de México, escondida entre montañas y el Océano Pacífico al sur. "Un lugar fascinante, donde se conjuran maravillas culinarias", continúa. Oaxaca es a la vez un estado y una ciudad. Desde tiempos prehispánicos, las rutas comerciales de América del Sur canalizaban una multitud de ingredientes hacia el norte, atravesando Oaxaca, dotándola de dones culinarios de gran alcance. "Oaxaca es una meca para los amantes de la comida", agrega Longoria.

El chef pionero que ha puesto la cocina oaxaqueña en el mapa gourmet global contemporáneo es Alejandro Ruiz, cuyo restaurante Casa Oaxaca rinde homenaje a los productos de la región. Su salsa de mole negro a medida, centrada en el cacao, compleja, sedosa, suave, sofisticada, tiene 28 ingredientes. Longoria y Ruiz hacen mole juntos en su cocina; luego se sirve con pavo, como es tradicional en Oaxaca, en la azotea de Ruiz. Llamado el "alimento de los dioses", el chocolate es un pilar de la gastronomía oaxaqueña. A continuación, el escritor gastronómico y apasionado del queso Omar Alonzo navega por Longoria hasta el pueblo de Reyes Etla, donde se produce el queso quesillo con toda la grasa, la adorada exportación de Oaxaca. En el restaurante Las Quince Letras, la innovadora Chef Celia Florian crea un bocadillo muy demandado, en el que una hoja de Hoja Santa del tamaño de una mano —que tiene sabores naturales de anís, eucalipto y menta— se cubre con quesillo desgarrado y crujiente asado (proteína- ricos) saltamontes, luego doblados, calentados, cortados y enrollados en porciones del tamaño de un bocado; flores comestibles y gotas de salsa pesto visten el bonito plato. Longoria al principio parece cautelosa acerca de comer saltamontes, pero luego coincide en que las texturas y los sabores del plato se complementan bien.

Los antiguos zapotecas prosperaron en la región de Oaxaca llamada Istmo de Tehuantepec, el tramo de tierra más estrecho entre los océanos Atlántico y Pacífico. Hoy en día, los guardianes de la cocina zapoteca son conocidos como Muxes, quienes son reconocidos como un tercer género. "Somos personas de dos espíritus", dice Felina Santiago (arriba). "Somos la dualidad, ni hombre ni mujer, ni menos ni más". Su cultura les ha dado una sensación de libertad. "Ha sido un privilegio para mí pasar tiempo con los Muxes, quienes han forjado su propio camino en Oaxaca", dice Longoria. Visten vestimenta tradicional, elaboradamente bordada con flores. El cerdo relleno es un plato favorito, se sirve con puré de papas tipo cazuela cargado con grandes cantidades de ajo, cebollas tiernas, zanahorias, huevos, mantequilla y crema espesa. Mientras Longoria ayuda a los Muxes a mezclar manualmente los ingredientes con sus manos, comenta: "¡Esto es un ejercicio!". Las comidas para ocasiones especiales pueden incluir armadillo, iguana y paloma montés.

Los tomates también son originarios de América del Sur. Fueron comercializados a través de México, luego los españoles los llevaron a Europa. En México, cuna del maíz, florecen más de 60 especies diferentes. El maíz es fundamental para la cocina y la identidad mexicana. A una hora en auto desde la ciudad de Oaxaca, la comunidad agrícola de Santa Ana Zegáche es el epicentro del maíz. Se cultiva allí desde hace más de 6.000 años. Longoria visita una granja familiar y señala sus mazorcas de granos de color burdeos, amarillo oscuro y blanco. Otra de las principales exportaciones de Oaxaca es el licor de mezcal, hecho de la planta de agave. Longoria colabora con entusiasmo en una granja de agave de San Baltazar Chichicapam, dirigida por una mujer, una rareza. Después de que las plantas de agave se cosechan y se cortan con machete, se cocinan en un pozo de fuego cubierto, lo que puede demorar hasta cinco días, luego se trituran y se muelen para obtener un jugo de agave, fermentado, destilado dos veces, en barrica (dependiendo de la intención de añejamiento) y finalmente embotellado. Se emite: 9 de abril.

**Episodio 4: Nuevo León**

El estado nororiental de Nuevo León en México limita con Texas, al suroeste de Corpus Christi. Gran parte de su accidentado terreno montañoso seco es inhóspito para el cultivo de frutas y verduras. En cambio, la carne está en la mayoría de los menús; la carne de res y el cabrito (cabrito de cabra) están ampliamente disponibles. Se veneran las cocinas a fuego abierto y las barbacoas. Los frijoles estilo rancho y los tacos de desayuno son alimentos básicos. Longoria asiste a un evento festivo de carne asada para saborear un filete de aguja local. Ella prueba el chivo tierno con tortillas de harina que pueden derivar de una tradición judía sefardí, y ayuda a preparar tamales de venado para su equipo de filmación.

Muchos chefs de Nuevo León asombran con su creatividad original. Por ejemplo, en Koli Cocina de Origen en la ciudad de Monterrey, Longoria estudia los menús de vanguardia y sobresalientes de tres talentosos hermanos: el Chef Rodrigo Rivera Rio, el Chef Pastelero Daniel Rivera Rio y el Maître d'/Sommelier Patricio Rivera Rio. Con la intención de que su restaurante tuviera una gracia familiar edificante, eligieron el nombre de Koli, que significa "abuelo" en náhuatl, el idioma de los aztecas que gobernaron México entre los siglos XIV y XVI. No muy conocido como idioma fuera de México, el náhuatl todavía se habla con fluidez en la actualidad por aproximadamente 1.5 millones de mexicanos y, de hecho, se han incorporado algunas palabras en náhuatl, como aguacate, chipotle, chocolate, coyote, guacamole, mezcal y tomate. al idioma inglés. Se emite: 16 de abril.

**Episodio 5: Jalisco**

En la costa oeste de México, bordeada por seis estados (Aguascalientes, Colima, Guanajuato, Nayarit, Michoacán y Zacatecas), Jalisco suele considerarse el más mexicano por excelencia. Allí se originaron tradiciones como los mariachis, la música ranchera, los vaqueros charros y el tequila. Sus playas del Pacífico son hermosas y atraen a los viajeros a complejos turísticos elegantes, particularmente en Puerto Vallarta. La animada Guadalajara es la capital; sus plazas, el neoclásico Teatro Degollado (teatro) y el encanto de la catedral dorada. Longoria prueba platos destacados, como la birria, un guiso de cabra a fuego lento, y la torta ahogada, un sándwich de masa fermentada relleno de carne de cerdo, un legado de las invasiones francesas. Los restaurantes emergentes y los restaurantes elegantes proliferan en estos días, dirigidos por chefs enérgicos. En el magnífico Café Pa'l Real, el chef Fabián Delgado ha ideado un mole novedoso, utilizando ingredientes mexicanos y europeos. Longoria luego se dirige hacia la región de Tequila en Jalisco para brindar por la bebida nacional. Ella también habla con el ferozmente orgulloso pueblo indígena Coca. Se emite: 23 de abril.

**Episodio 6: Veracruz**

A lo largo de la cálida costa del Golfo, el estado oriental de Veracruz, de solo 60 millas de ancho y 400 millas de largo, es conocido como la cuna del actual país de México. Los conquistadores españoles desembarcaron por primera vez en sus costas. Poco después, Veracruz se convirtió en un centro comercial muy activo: los españoles importaron café, naranjas, cerdo y especias; Los mexicanos exportaban una gran cantidad de alimentos codiciados, como tomates, chocolate y vainilla. Un tesoro oculto de ingredientes que iban y venían remezclados y encendieron cocinas completamente nuevas. ¿Te imaginas Italia sin el tomate? ¿Francia sin chocolate y vainilla?

En una fascinante trayectoria de Buscando México, Longoria recorre el camino de su antepasado, Lorenzo Longoria, quien pisó Veracruz hace 400 años.

Hoy en día, los veracruzanos son famosos por su desafío y resiliencia. Las mujeres son fuertes y luchan cada vez más por la independencia y los roles de liderazgo. Haciendo un impacto positivo en la industria pesquera de Veracruz está el Chef Erik Guerrero Arias, quien ha fomentado la sustentabilidad y expandido la gama de especies de peces consumibles. Con Longoria, prepara un ceviche frío de mariscos que se "interrumpe" con frijoles refritos tibios y aceite de aguacate rociado. Longoria luego conduce a los campos de café en las montañas verdes, para aprender cómo la sombra, la altitud y las temperaturas frescas mejoran las cosechas. Visita una importante finca de vainilla, que ha sido propiedad de una familia desde 1873 y ahora, por primera vez, está dirigida por una mujer, Norma Gaya. El empresario le muestra a Longoria cómo cocinar un delicioso pollo con la preciada vainilla, cebollas estofadas y nata, una crema espesa similar a la mantequilla que se forma sobre la leche cruda, que luego se hierve. ¿Para postre? Los plátanos calentados se rocían con licor de vainilla artesanal y se sirven con helado de vainilla casero. ¿Hambre todavía? Se emite: 23 de abril.

# USA Boxing 2023 National Qualifier !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

Last week, over 1,000 boxers (from all over the country) participated in the USA Boxing 2023 National Qualifier, at Huntington Place, in Detroit.

To accomodate all the boxers, 4 rings were set up, for the week long competition. Photos by: Dan Graschuck/ EL CENTRAL, unless otherwise noted

Photos below are highlights from the boxing event at Huntington Place

*Huntington Place in Detroit, set up for the USA Boxing 2023 National Qualifier*

*Female boxers from Blindsider Boxing Gym from Pflugerville, TX (above). Among the other boxers; Caleb Avila age 10, Sophia Ortega age 11, Silas Rollins age 12, Joel Puente age 10, Mathews Turcios age 16, Hugo Mendez age 17, Saul Indio Garza age 16, Benicio Garza age 12. Coached by:Saul Garza, Juan Garcia, Hector Avila, Hugo Mendez, Robert Tinoco*
*Photo provided by Blindsider Boxing Gym*

*Boxers warming up before the National Qualifier*

*USA Boxing 2023 National Qualifier Medal Winners*

*USA Boxing 2023 National Qualifier Gold Medal Winners*

*USA Boxing 2023 National Qualifier Medal Winners*

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

# WIND AND INDY SPOIL CITY HOME OPENER

David Levine
EL CENTRAL

March in Michigan typically produces some crazy weather. So it was last Saturday as Detroit City FC opened the home portion of the 2023 USL Championship season at Keyworth Stadium. After splitting their first two games on the road, Le Rouge met their closest Eastern Conference rival in Hamtramck. With winds gusting up to 40 miles per hour and a variety of precipitation falling, conditions were less than ideal. Anytime the ball went in the air, it hooked towards the East Stand as the crosswind buffeted players, ball, and the crowd.

Nothing stifles the Northern Guard, though. The 6,128 fans who braved the weather kept up the noise while running through the full set list of chants and songs meant to inspire the home team. A decent number of Indy Eleven supporters made the four and a half hour drive to offer a counterpoint, giving the stadium a lively atmosphere.

As for the actual game, Indy kept a high defensive line and confronted City well before they reached midfield. The well-coached visitors prevented DCFC from generating many scoring chances. City's lack of speed up front meant that the high line didn't have to worry about a ball played over the top. DCFC replied by changing to a back four to cut off the supply to Indy's forward line. Both teams carried out their defensive tactics perfectly, resulting in little attacking play of any consequence in the first half. To prevent the creative players from entertaining, both teams also fouled extensively, making for a stop-start game. The home fans and coach Trevor James didn't care for the officiating and for some of the frequent injury stoppages for Indy players who seemed to sit down whenever DCFC tried to generate some momentum.

Indy scored the only goal of the game on a dubious foul called, featuring little if any contact with the visiting player who dramatically fell over screaming. Indy played a clever free kick from the right wing that was dummied, which fooled two DCFC defenders, and found Bryam Rebellon unmarked for an easy finish. City pushed, but went down to ten men for the last fifteen minutes when Yazeed Mathews received his second yellow card. Still, the chances were there late. Rhys Williams, Maxi Rodriguez, and MIchael Bryant all had opportunities, but the final pass or the final shot just wasn't there. Attacking reinforcements may arrive soon though. With Mathews suspended this weekend against Rio Grande Valley, DCFC will hope that English forward Ben Morris is ready to go after getting his visa sorted. Another raucous crowd awaits on Saturday. They will hope as they did for much of last year for the long-awaited home offensive explosion.

USA ADVANCES TO NATIONS LEAGUE FINAL FOUR

The US men's national team did have an offensive explosion. Led by a top performance from Christian Pulisic, they buried Grenada 7-1 away. That was a record-setting away performance that included two goals from Weston McKennie and Ricardo Pepi, with further strikes from Pulisic, Alejandro Zendejas, and Brendan Aaronson. Interim manager Anthony Hudson then made seven changes for the group finale against El Salvador in Orlando. This was clearly a step up in competition as the Salvadorans employed an aggressive man-to-man press that knocked the US out of rhythm during the first half. They fouled repeatedly, but rarely threatened Matt Turner's goal.

Hudson made a few tactical adjustments at halftime and the American dominated long stretches in the second half. Gio Reyna hit the goal post after a slick move down the left wing. Sergino Dest made a number of chances on the right side as the US kept El Salvador hemmed into its own half. Having given the starters fifteen minutes of the second half to make a breakthrough, Hudson brought on Aaronson and Pepi in place of Daryl Dike and Zendejas. The impact came within two minutes. McKennie sent a lovely ball down the inside right channel. Pepi ran on to it, held off a defender, and deftly chipped the goalkeeper for the only goal of the game. The US pressed their advantage, not giving El Salvador a chance to equalize. With the win, the Americans join Mexico in the semifinals to be held in Las Vegas in June.

# Indy Eleven FC Beats Detroit City FC

Detroit City FC lost their home opener against Indy Eleven FC, this past Saturday.

Detroit City FC will host Rio Grande Valley FC Toros, this Saturday, April 1st, at Keyworth Stadium. Kickoff is scheduled for 4 PM.

For more information about Detroit City FC, visit detcityfc.com.com and follow @DetroitCityFC on Twitter and Facebook and @ detroitcityfootballclub on Instagram.

Detroit City FC will host, Gold Star FC, on Tuesday, April 4th, at 7:30pm, at Keyworth Stadium

**Photos provided by Detroit City FC (photographer Jon DeBoer)**

# EDITORIAL OPINION

## "Little Donnie & AMLO; LIARS"

*By Raoul Lowery Contreras*

With the repetitive "atmospheric rivers" that lashed the California coast this winter most Golden Staters were reminded of what a "sinkhole" is. They were everywhere; so were flooded streets, mudslides, wind-blown trees crashing into homes and crushing parked cars. People died.

Decent people throughout California and all other places where rain was the enemy of the day, shrugged their shoulders and prepared to clean the damage and rebuild like so many of our people had done before. Neither the rains or rain damage were news -- albeit heartbreaking.

Breaking hearts is what two presidents are doing to the 450 million people that share the 80% or so of North America that the United States and Mexico occupy. Lies. and more lies. These two presidents lie so much, they both can be classified as traitors to their own countries in that they both profusely lie, lie by thousands of lies stacked on other lies. Thousands…

One amazing feature of these men's lies is that in many instances, the lies are the same despite the two men maturing in two different worlds.

Donald J. Trump was raised by a father once arrested for injuring New York City police officers during a KU KLUX KLAN rally that turned into a riot. Little Trump was raised amidst a fortune made by his developer father.

Donald was a terrible student; his father parked him in a military K-12 school because little Donald was a disciplinary problem. We are not privy to Donald's academics because he refuses permission for the universities and military school to release anything about his years in those schools.

But that doesn't matter because any educated reporter can quickly pursue his private school and two universities annuals and school papers to clearly discern that in those places is where his lying began.

His father was smart enough to study his way through Fordham University, a Jesuit institution that also allowed Donald in; Donald studied for two years then transferred to the University of Pennsylvania (a private university, not a land grant university founded after 1862). For the rest of his life Donald would lie about his accomplishments in school and at Fordham/Penn.

He has demanded that no school he ever attended give out his grade history. None have. So, he claims that his "marks" were "excellent" at Penn.

If his "marks" -- the rest of us use the word "grades," were "excellent" his name would have been in any school paper that listed the "Dean's List" or whatever they call it at Penn. He would have made "honor lists" or Phi Better Kappa lists. If he was the major athlete he says he was in his military school there would be articles of young "super-athlete" Trump for all to see. No such articles exist. And people have looked.

Andres Manuel Lopez Obrador, AMLO, on the other hand, was a good student who made his way through the national university of Mexico. There is no, nor was there any tuition for the young man from the poor Gulf of Mexico-facing state of Tabasco.

He worked his way up through the ruling Party PRI bureaucracy as a young lawyer and he quickly rose through the ranks until he was appointed Mayor of Mexico City. From there he began running for President three times. First as a PRI candidate, then as a PRD (Partido Revolucionero Democratico, an ultra leftist party). He lost both times. In his 2006 race he claimed it was stolen from him by Moderate Felipe Calderon.

AMLO declared himself the real winner of the Presidency in 2006 and demanded his followers occupy Mexico City's business section and stop Mexico's economy. He went around the country appointing pseudo office holders. What he did showed Trump what he should do and did do in the 2020 election. He lied, on top of all the other lies he told as President.

Today, Trump lies every time he opens his mouth. Every fact checker in the world proves it. AMLO does the same. He lies about everything. Whenever he is challenged with data published by his own administration, he simply lies with "I have other information."

With two years left on his one legal 6-year term, AMLO says he will retire. This, while trying to destroy the Constitutionally-created electoral institute that governs elections and counts the national vote. Why?

Why? Because he wants his party hacks to count the presidential votes even if he is on the ballot illegally.

Joseph Stalin, Soviet dictator, allegedly said it doesn't matter who votes, it only matters who counts the votes. AMLO and Little Donnie both believe that.

**Opinions in this column are not necessarily those of the Publisher or Editor**

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# Michigan Saves Reaches $1 million Milestone in Loans To Detroit Residents through Detroit Loan Fund

(Detroit, MI) Lansing-based Michigan Saves, the nation's first nonprofit green bank, has reached the $1 million loan milestone through its Detroit Loan Fund (the Fund). 114 Detroit households are enjoying home improvements from new windows to insulation to HVAC systems thanks to Michigan Saves and The Kresge Foundation, which provided a $2.5 million investment to establish the program. Additionally, Michigan Saves has partnered with TRUE Community Credit Union which handles the origination and servicing for these loans. The Fund helps ensure equity in borrowing by eliminating credit scores as loan criteria, focusing instead on the borrower's ability to make loan payments. Reaching this milestone in just nine months, clearly indicates that Detroiters need and deserve a fair shake when it comes to home loans.

When the Fund was first announced in 2022, Michigan Saves president and CEO, Mary Templeton, noted that eliminating credit scores and basing loan decisions on ability to pay would bring equity to the loan process. "The rapid success of the Detroit Loan Fund brings to light the systemic racism that plagues many current lending policies," Templeton said. "Equally important is the fact that Detroiters secured these loans, improved their homes and are paying on these loans, allowing them to establish credit for the future. The Detroit Loan Fund, The Kresge Foundation and TRUE Community Credit Union have transformed the lives of dozens of families."

The Detroit Loan Fund also provides funding to City of Detroit nonprofits, community organizations and small businesses for solar photovoltaic, battery storage or electrification projects. Michigan Saves will continue to accept residential, nonprofit and commercial applications until available capital is exhausted.

Traditional underwriting is available through Michigan Saves' standard residential and commercial loan programs, which provide statewide coverage. Michigan Saves also manages the statewide Lead Poisoning Prevention Fund (the Lead Fund). The Lead Fund was created with the Michigan Department of Health and Human Services to provide options for homeowners and landlords who do not qualify for free lead-based paint abatement assistance.

ABOUT MICHIGAN SAVES

Michigan Saves, the nation's first nonprofit green bank, is dedicated to making clean energy improvements easier for all Michigan consumers. Through affordable financing and other incentives, Michigan Saves connects borrowers to a network of skilled contractors for energy-efficiency, geothermal and solar installation projects. Michigan Saves believes an equitable transition to a carbon-free Michigan where everyone has access to the benefits of clean energy and climate-resilient solutions is possible. Through consistent outreach, quality workmanship and affordable funding, Michigan Saves promotes accessible, equitable and just investments in energy efficiency and clean energy to support healthy and thriving communities. For more information, visit www.MichiganSaves.org and follow us on Facebook and Twitter @michigansaves and LinkedIn @michigan-saves.

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# Connecting Those With Heart Defects to Needed Care

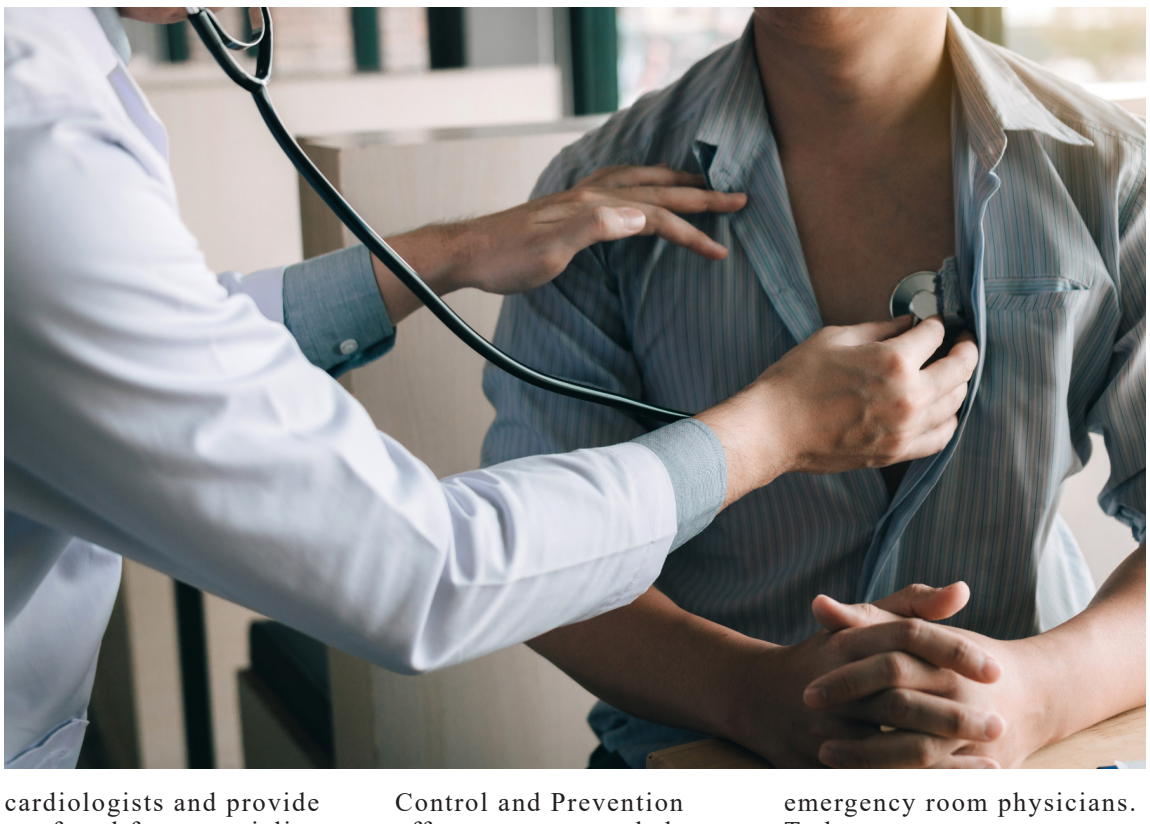
(StatePoint) Congenital heart defects (CHDs) are the most common birth defects and doctors and affected families can help ensure that individuals with CHDs receive lifelong congenital cardiac care to stay healthy. In 2010, it was estimated that approximately 1 million children and 1.4 million adults were living with a CHD in the United States. However, about 60% of individuals with CHDs don't see a congenital cardiology specialist after age 18 for follow-up.

Congenital cardiology care is essential, even for those who are not currently experiencing symptoms. In addition to the need to manage the CHD, affected individuals remain at risk for developing acquired cardiac conditions of adulthood. These include a range of potentially serious conditions such as arrhythmias, atherosclerotic heart disease, congestive heart failure, endocarditis, hypertension, hyperlipidemia and pulmonary hypertension.

According to advocates, a primary care physician is often the only doctor a patient sees, making it critical that patients disclose their CHD to their their doctors, and for doctors to help ensure they get the specialized care they need to stay healthy and safe over the years.

"Although most individuals with CHDs require lifelong congenital cardiac care, many children and adults experience gaps in care for several years or more," says Dr. Sherry Farr from the Centers for Disease Control and Prevention. "Whether these lapses are due to loss of insurance, financial barriers or an inaccurate belief that their heart defect has 'been cured,' physicians that these patients see for other reasons can facilitate continuity of cardiac care."

Dr. Farr suggests that physicians start the conversation with patients by asking them if they ever had heart problems. After learning that a patient has a heart defect, they should then emphasize the need for continuous care, even in cases where patients feel well. Doctors should be prepared to both explain the vital role of congenital



cardiologists and provide a referral for a specialist in the area. Patients with CHDs should share their health history at their appointment and be ready to ask questions and seek referrals.

The new CHD Awareness Toolkit from the American Academy of Pediatrics and Centers for Disease Control and Prevention offers resources to help physicians connect people with heart defects to the care they need. It includes materials for pediatricians and family physicians (who treat children), internal medicine physicians and family physicians (who treat adults), obstetrician-gynecologists and emergency room physicians. To learn more or to download the toolkit, visit aap.org/CHDcare.

People with heart defects need lifelong congenital cardiac care. By getting the conversation started, patients and physicians can help ensure continuity of care.

# El examen anual de bienestar es fundamental para que los adultos mayores tengan un año saludable

(StatePoint) Ha seleccionado su plan de seguro para el año. Ahora, es momento de comenzar a usar sus beneficios, empezando con un examen anual de bienestar.

Un examen anual de bienestar con un proveedor de atención médica es importante para todas las personas, pero especialmente para los adultos mayores. Conforme envejecemos, tenemos más probabilidades de desarrollar afecciones crónicas de la salud, según el Dr. J.B. Sobel, director médico de Cigna Medicare, que atiende a cientos de miles de adultos mayores a través de sus productos. Un examen anual de bienestar puede ayudar a detectar posibles problemas de salud de manera temprana, de modo que puedan abordarse antes de que empeoren, añadió.

"Al reunirse con su proveedor de atención primaria a principios de año, usted puede subrayar las cosas que son importantes para usted y trabajar juntos para desarrollar un plan para su atención durante el próximo año", dijo Sobel. "Esto garantizará que viva cada día con vitalidad, felicidad y mejor salud".

Muchos proveedores se comunicarán con usted para programar un examen anual de bienestar. Si su proveedor no se comunica con usted, asegúrese de llamarlo.

Hay disponible una serie de revisiones anuales sin costo adicional para las personas con Medicare. Incluyen una visita de "Bienvenido a Medicare" para los clientes que acaban de alcanzar la elegibilidad de Medicare y un "Examen anual de bienestar" para los clientes ya existentes. Muchos planes Medicare Advantage (MA) ofrecen consultas anuales más extensas sin costo adicional. Algunos incluso ofrecen incentivos por realizar una consulta. Hable con su proveedor y la aseguradora de Medicare sobre sus beneficios.

Cada examen anual puede ser un poco diferente. Sin importar de qué tipo sea, Sobel ofrece los siguientes consejos para asegurarse de que aproveche al máximo su visita.

Prepárese. Antes de ir, anote cualquier cosa que le gustaría comentar con su proveedor de atención médica, lo que incluye los cambios en su salud durante el año pasado. Lleve con usted sus medicamentos recetados y de venta libre. Haga muchas preguntas y tome notas. Incluso puede llevar a un familiar, amigo de confianza o cuidador para asegurarse de que entiende todo lo que su proveedor ha compartido.

Sea abierto y sincero. Es tentador hacer que las cosas se vean más optimistas de lo que son cuando habla con su proveedor de atención a la salud, pero minimizar lo que siente puede llevar a un diagnóstico o prescripción incorrectos. Hable abiertamente sobre hábitos poco saludables, como fumar o la falta de ejercicio. Su proveedor no lo juzgará. Ser sincero es la única forma en que su proveedor de atención médica puede ayudarle a alcanzar sus metas.

Atienda a la salud mental. Su salud emocional afecta su salud física. Muchas personas creen que la depresión es una parte natural del

envejecimiento, pero no tiene por qué serlo. Hable con su médico si se siente triste, ansioso o desesperanzado. Algunos tratamientos, como la terapia de conversación, los medicamentos o ambos, pueden estar cubiertos por Medicare.

Monitoree sus medicamentos. Los adultos de 65 años o más tienden a tomar más medicamentos que otros grupos de edad, lo que aumenta el riesgo de reacciones adversas, como deterioro cognitivo y caídas. Es buena idea llevar sus medicamentos a su examen anual de bienestar y comentar cualquier problema potencial o efecto secundario que esté experimentando. No se olvide de los medicamentos de venta libre, vitaminas o suplementos nutricionales que toma.

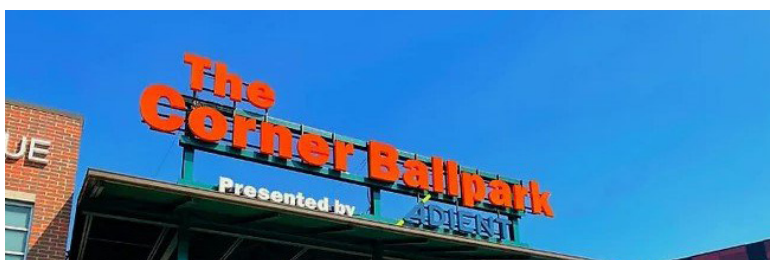
Programe exámenes de detección y póngase sus vacunas. Hay una serie de exámenes de salud y vacunas importantes que usted puede necesitar según su edad y sexo, como son la detección del cáncer de colon, la prueba de densidad ósea, la mamografía, la vacuna contra la gripe o la inmunización contra la COVID-19. Pregunte a su proveedor acerca de las pruebas de detección y las vacunas que ya tiene, y programe las que necesite lo antes posible. Incluso puede hacerlo antes de salir del consultorio. Además, no olvide visitar a su oftalmólogo y a su dentista. Estas consultas también están cubiertas por muchos planes de MA. Obtenga más información en www.cignamedicare.com.

"Usted no conduciría su vehículo sin el mantenimiento preventivo adecuado, así que no ignore el mantenimiento preventivo de su posesión más preciada: su salud", dijo Sobel. "¡Un examen anual de bienestar es un excelente lugar donde comenzar!"

# Alianza FC Announces 2023 Schedule

## SPRING 2023

| | | | | | |
|---|---|---|---|---|---|
| **SAT, APR 8** 8:00 PM | ALIANZA FC | AT | Nationals Soccer | Oakland University |
| **FRI, APR 14** 8:00 PM | ALIANZA FC | AT | Motor City FC | River Rouge |
| **FRI, APR 21** 8:00 PM | ALIANZA FC | VS | Nationals Soccer | The Corner Ballpark |
| **SAT, APR 29** 8:30 PM | ALIANZA FC | VS | Shabab Alyemen | Hurley Field |
| **FRI, MAY 5** 8:30 PM | ALIANZA FC | VS | Motor City FC | The Corner Ballpark |
| **WED, MAY 10** 8:00 PM | ALIANZA FC | VS | Cedars FC | The Corner Ballpark |
| **SAT, MAY 20** 8:00 PM | ALIANZA FC | VS | United West | The Corner Ballpark |
| **TUE, MAY 23** 8:30 PM | ALIANZA FC | AT | Detroit United | Hurley Field |
| **SAT, MAY 27** 7:30 PM | ALIANZA FC | AT | United West | Hudsonville HS |
| **THU, JUN 1** 8:00 PM | ALIANZA FC | AT | FK Olympik Macomb | Borden Park |




# Detroit Tigers Opening Day April 6th, 2023

The Detroit Tigers begin the 2023 season on the road this Thursday, March 30th, taking on the Tampa Bay Rays at Tropicana Field, in Tampa, FL.

Come join the Detroit Tigers for Opening Day, at Comerica Park, on Thursday, April 6th, as the Tigers host the Boston Red Sox at 1:10 pm.

For tickets to opening day and for the season, please visit: https://www.mlb.com/tigers/tickets

Photos by: Dan Graschuck/ EL CENTRAL of Miguel Cabrera and Comerica Park are from past seasons.

Opening Day tailgate party flyer provided by the Detroit Tigers

# El esfuerzo diario se premia a diario

Valoramos el compromiso de los empleados con iniciativas como Sharing Success, la cual otorgó este año al 96% de nuestros compañeros una remuneración adicional, principalmente en acciones. Con este premio, nuestros empleados han recibido más de $4,000 millones en total durante seis años.

AMERICA'S MOST JUST COMPANIES
CNBC 2023

Tenemos el compromiso de brindar un excelente lugar de trabajo para nuestros compañeros en Detroit y en todo el mundo al ofrecer beneficios líderes en la industria, un salario mínimo de $22/hora con la meta de $25/hora para 2025 y oportunidades para hacer carrera con nosotros. Por esto, hemos sido nombrados America's Most JUST Company.

Matt Elliott
Presidente de Bank of America en Detroit

Para conocer más, visite **bankofamerica.com/detroit** (solo se ofrece en inglés).

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